



Renew™

What is Renew?

Renew is a program to reinvigorate your mind and body, clarify purpose, and strengthen relationships. It offers strategies for all aspects of well-being – physical, mental, social, and emotional.

Details

- Aim for 1 activity a day
- Choose activities that matter most to you
- Reveal a portion of a serene scene each time you record activities Aim for 1 completed scene every week
- Your 4-week program goal is to complete 4 scenes

Interest Areas - Choose from 30+ Renew activities in 4 interest areas:

- Boost Happiness
- Create Calm
- Sharpen Focus
- Increase Energy

Features

- Social features
- Mobile app

[Watch the Demo Video](#)

WELL-BEING@WORK

Challenge Goals & Objectives

Goals

1. Build employee morale and productivity by building a sense of community/belonging.
2. Create friendly competition between coworkers through the team feature within the challenge.
3. Provide social connection opportunities by encouraging the buddy system offered within the challenge.
4. Motivate participants to practice healthy habits by completing weekly activities/quizzes.
5. Provide ongoing support and engagement opportunities through offering programs and activities that align with the object of the challenge.
6. Improve participants overall well-being and health.

Objectives

1. \geq 20% employee participation
2. 50% of employees to join a team
3. Offer at least 1 department led programs during challenge
4. Offer at least 1 SFHSS sponsored event during the challenge
5. 25% of participants improve a healthy behavior from pre to post survey
6. Obtain 30% participation in post survey

Roles & Responsibilities

Department (Key Players)	SFHSS Well-Being
Get buy-in from leadership	Fund the challenge
Promote - send emails, make announcements, post flyers, newsletters, encourage participation and survey participation	Handle all administrative tasks
Execute goals and objectives of the challenge: Participation/engagement Teams Improvement in behavior/action Offer Programs	Outline goals and objectives
Order incentives and pick up raffle prizes from SFHSS	Provide all pre -launch and post challenge communication templates, emails, logos, flyers, posters
Distribute raffle prizes to winners	Support department requests for programs and activities
Review results and report out to leadership	Select winners for departments
Determine how results will drive the departments well-being annual plan	Provide quantitative reports if $\geq 20\%$ participation and $20 \geq$ employees within the dept.



Renew is a program to reinvigorate and refresh. It offers strategies for all aspects of well-being — physical, mental, social, and emotional.

Participants complete activities (up to 2/day) that mean the most to them (30 to choose from) in 4 interest areas:



4 -Week Challenge

February 5 to March 3, 2024

[Watch Demo Video](#)



Create a culture of well-being and offer Renew in 2024!

If you want to learn more and participate, email lisa.ocampo@sfgov.org and CC well-being@sfgov.org to be added to the contact list.

Departments that opted in to participate:	
ADM-RED	FIR
ADM-CMD	HSS
DEM	POL
DPH-Population Health	SFPW
DPH-Maxine Hall Health Center	SHF
ECN	TTX
	USD-SNS